# What you should know about meningococcal disease

## Transmission

Meningococcal bacteria are carried in the throat and are transmitted person to person by respiratory secretions (such as saliva and mucus) during close or lengthy contact, such as:

- coughing
- sharing drinks, utensils, or smoking
- kissing

It is NOT spread through casual contact such as shaking hands or sitting next to a person.

## Know The Symptoms

We advise all students, faculty, and staff to be aware of the symptoms of meningitis.

- sensitivity to bright lights
- stiff neck
- sudden onset fever
- nausea/vomiting
- severe headache
- confusion

If you experience any of these symptoms, contact your medical provider!

## If You Feel Sick

Student Health Clinic
M-F 8am-5pm
(415) 750-5995
2250 Hayes Street, Third Floor

After Hours Care
Pacific Family Practice
M-F until 9pm
Sat. 10am-4pm
(415) 876-5762
1 Shrader Street, Suite 578

In case of emergency
If you feel you or someone needs immediate medical attention, please call Public Safety on campus (415) 422-2911 or 911 off campus.